

## Caribbean Sweet Potato Bisque

Serves 6-8

### Ingredients:

1 large onion diced  
4 garlic cloves, minced  
1 tablespoon fresh minced ginger  
2 jalapeno peppers, seeded and minced  
2 large sweet potatoes, peeled and diced  
6 cups vegetable broth made with **Wellness Forum's Certainly Not Chicken Broth**  
1 - 14 oz can lite coconut milk  
Salt  
Zest 1 lime and juice of 2  
1/2 cup finely chopped cilantro

### Directions:

- Sauté the onion in a large saucepan over medium heat for 8 minutes until the onion starts to brown. Add water 1 to 2 tablespoons at a time as needed to keep the vegetables from sticking.
- Add the garlic, jalapeno pepper, and ginger, and cook another 5 minutes.
- Add the sweet potato and stock and cook, partially covered over medium flame until the sweet potato is tender, about 25 minutes.
- Puree the soup in batches in a blender and return to the pot.
- Add the coconut milk, lime zest and juice, and salt to taste.

Serve garnished with the freshly chopped cilantro.